

Wrice, Monique

From: Nadolny, Barbara <BNadolny@stamhealth.org>
Sent: Wednesday, March 02, 2016 4:03 PM
To: HSTestimony
Subject: Testimony in support of HB5440

Testimony in support of HB5440: AN ACT CONCERNING MEDICAID REIMBURSEMENT FOR DIABETES PREVENTION AND SELF-MANAGEMENT

My name Barbara Nadolny, I am a Registered Nurse and Certified Diabetes Educator. I am the lead Diabetes Educator for the Stamford Hospital Diabetes Education program. I am also the Legislative Co-Chair for The Connecticut Alliance of Diabetes Educators. I am writing this on behalf of the people of Connecticut that have diabetes and also have Medicaid.

Studies have shown that Diabetes self-management education taught in an accredited Diabetes Education Program can significantly reduce blood glucose levels. People with diabetes learn the skills needed for diabetes self-care which includes monitoring, taking medications, healthy eating, being active and reducing risks. Diabetes Education is the missing piece of diabetes care for patients with Medicaid and yet it is the key to living well with diabetes.

Diabetes self-management education is covered by Medicare and there is a state mandate that all Connecticut-based insurance plans also cover it. Essentially the only residents that do not have coverage for diabetes education are our Medicaid recipients.

I would like to share a few patient stories to demonstrate how diabetes education can improve health and save costs.

- 1) A patient was sent to see me after having uncontrolled diabetes for 18 months. His doctor an Endocrinologist or diabetes specialist had added both long acting and rapid acting insulin- 4 injections per day. His glucose did not improve so they increased his insulin doses and sent the person to see a nutritionist (not a certified diabetes educator) who taught him to carbohydrate count so the doctor could teach him how to match his insulin to food with a carbohydrate ratio. His glucose did not improve and they increased his insulin dose. After 18 months he was sent to me and within 5 minutes of the appointment I understood the problem. The person was not pressing the button on the insulin pen so he was never getting any insulin. I asked him how long the insulin pen lasted and he told me he read the directions carefully and he knew that after 1 month he should discard the pen and open a new one. This person was an attorney and very intelligent. This person threw out his insulin for 18 months and had poor control of his diabetes until he was seen by a Certified Diabetes Educator!
- 2) A patient I saw last week was testing his blood glucose 6x/day. Each tests trip costs approximately \$1- or \$30/week. He had been doing this for several years. When I assessed his diabetes control and his medications I found he had no risks of hypoglycemia and his diabetes was in control range. When I asked him why he was testing so often he replied "that is what I was told to do but my fingers hurt and I hate it". I was able to change his plan of care and decrease his blood glucose monitoring to 1x/day. This improved his quality of life and saved his insurance company \$23/week. Diabetes Education provided by Certified Diabetes Educators in accredited programs can help save health care dollars.

I urge you to support this bill to provide Medicaid recipients coverage for Diabetes Self-Management Education/Training.

Thank You,
Barbara Nadolny, BSN,RN,CDE
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